

Abstract

Title: Characteristics of the active lifestyles of school children

Objective: To provide information on the active lifestyle of today's youth, to show proper and improper factors to identify and assess the active lifestyle of selected pupils.

Methods: Anonymous questionnaire was chosen as a most suitable method. Questionnaires were distributed into two primary schools located in South Bohemia region and were filled in by second-degree pupils. Town of Tábor and České Budějovice participate in this survey. Results and interpretations are presented in tables and plotted.

Results: Surveyed second degree pupils proved themselves largely positive attitude to physical education and sport. More than half of respondents are regularly doing sport.

Key words: youth, lifestyle, physical activity, nutrition, risk factors